

Person-Centered Therapy – Ordinary People Paper

Sheila Martin

Mental Health Counseling, Alliance University

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Adlerian Therapy - Ordinary People Paper

Dr. George J. Ramos, Assistant Professor of Mental Health Counseling

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The concept Person-Centered Therapy created by Carl Rogers speaks for itself. It is exactly what he stated that it is. Carl Rogers believed that the focus of therapy should be on the client and not the therapist, or the therapy itself. The Person-centered approach shares many concepts and values with the existential perspectives. He believed that people are trustworthy, that they have the potential to understand themselves, and that they can resolve their own problems. He believes that people have the potential to change and grow, in the same way, he was open and expected his theoretical model to evolve and change. Carl Rogers was convinced, that diagnostic concepts and procedures were inadequate, prejudicial, and often misused. As a result of his conviction, he created “The Four Periods of Development of the Approach: nondirective counseling, Counseling and Psychotherapy, client-centered therapy, and on becoming a person.

Dr. Berger was able to use Emotion-Focused Therapy to assist Conrad in releasing all that he had bottled up inside. Conrad was eventually made aware of the power and strength he had to deal with them and let them go. Conrad grew in understanding and freedom of his emotions, and Dr. Berger went right alongside him, which gave Conrad the comfort, and confidence he really needed. He helped him to realize that he was capable of, growing to his potential.

Through Unconditional Positive Regard and Acceptance, Dr. Berger was non-judgmental, caring, and down to earth. When Conrad was enraged, he was enraged with him and

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when he cried, he comforted him. He told him he was his friend. He made him feel protected, and whole again.

Dr. Berger through the Accurate Empathic Understanding theory was really understanding, sensitive and empathetic to what Conrad experienced. His attitude and behavior towards him were an indication that he was experienced in this field.

These theories Dr. Berger applied to Conrad's situation were necessary and needed for his breakthrough. Conrad was able to finally accept and trust himself again. Due to these theories, Conrad felt like he had a friend and a trusted partner in Dr. Berger. While at his grandparent's house, he had a breakdown after he learned that his friend passed away, and rather than going to his grandparents, or calling his parents. He called Dr. Berger who never hesitated to meet with him.

Conclusion

In conclusion, Person-Centered Therapy is really about sensitivity, non-judgmental, respecting, and validating the client's feelings. It is about allowing the client a safe space to work through their thoughts, ideas, and situations in a professional setting as they grow and mature in the understanding of choices they made, and their mental health.

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References

Corey, G. (2018). *Theory and practice of counseling and psychotherapy*, (10th ed., pp. 95-128). Cengage Learning.

Ordinary People, released September 19th, 1980 (USA)

Directed: Robert Redford

Award: Academy Award for Best Picture, Academy Award for Directing, More

Language: English

Music composed by: Marvin Hamlisch

Watched on Pluto